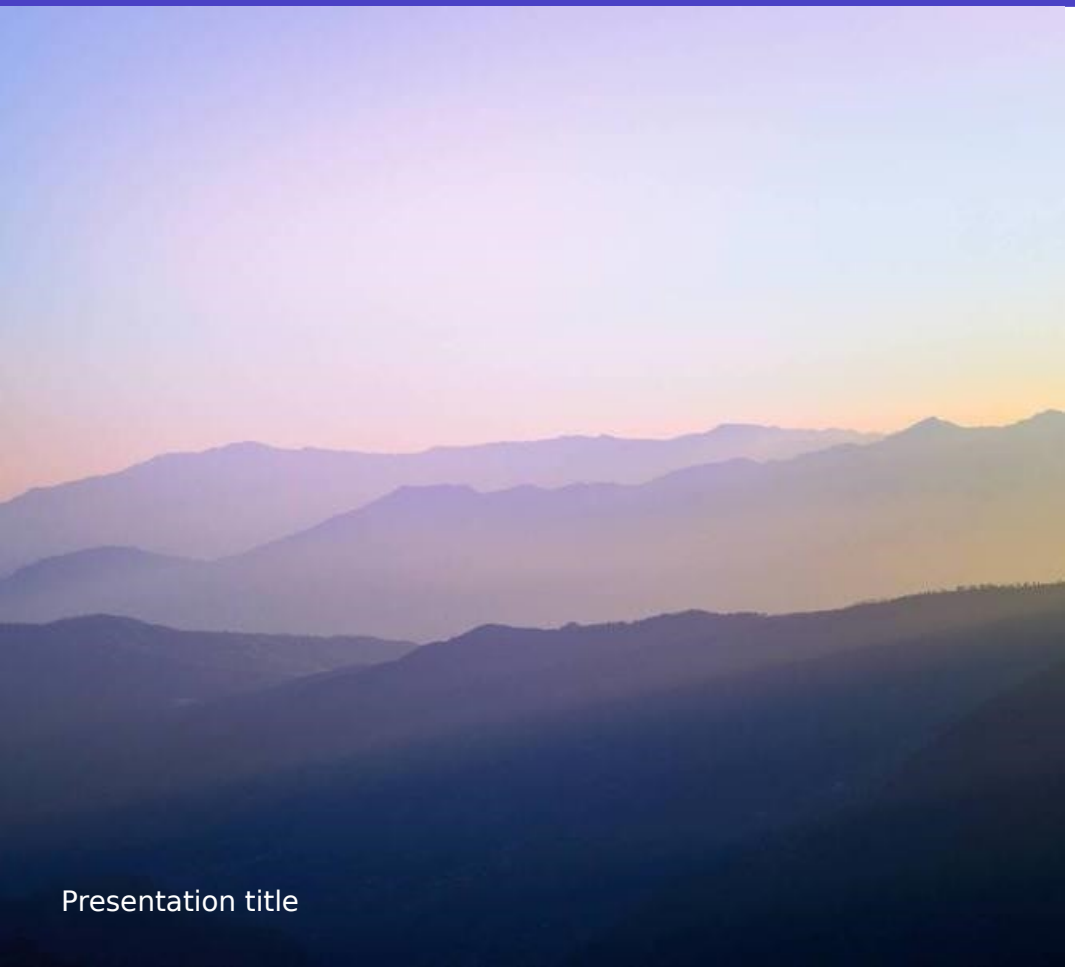
PE 308 Theory and Psychology of Coaching

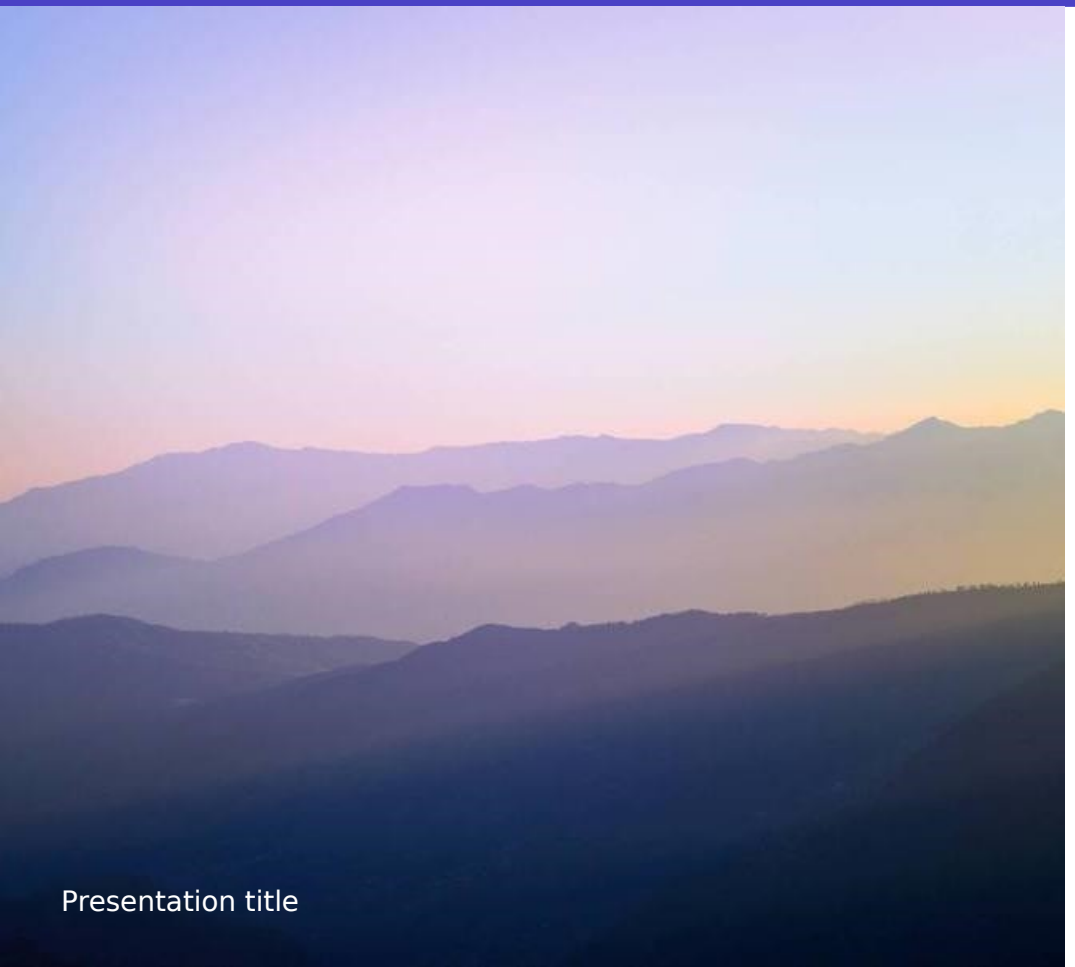
Chapter 17 Battling Drugs

Key Concepts



1. Coaches must take an antidrug stance and must establish and enforce an antidrug policy with their team.
2. Coaches should be positive role models against drug use and should provide athletes with information about performance-enhancing and illicit drugs.

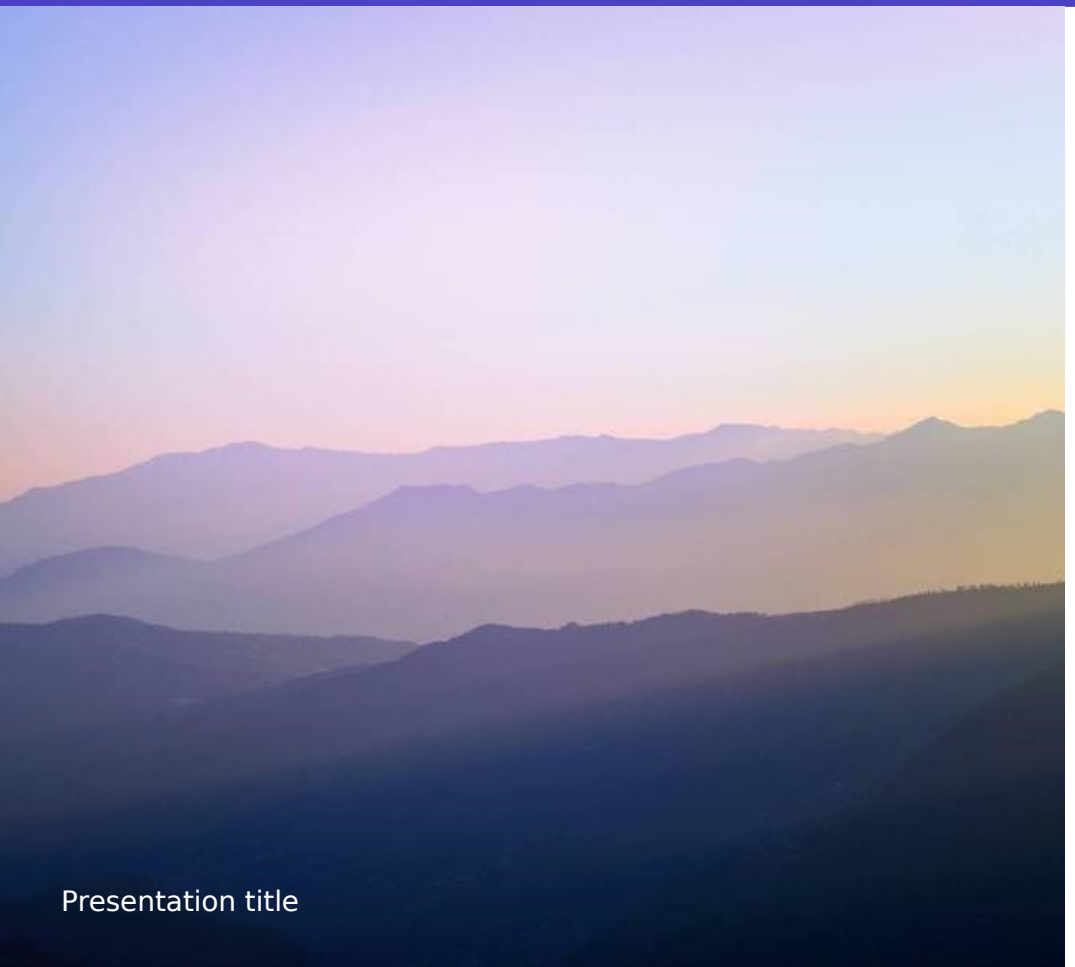
Key Concepts



3. Coaches need to know as much as they can about both performance-enhancing and illicit drugs in order to provide preventive education about all substance abuse.

4. Coaches need to know the warning signs of drug abuse.

Key Concepts



5. Coaches must know their role when they suspect drug use and must realize their limitations in counseling athletes.

A. Drugs 101

- 1. Illicit drugs
- 2. PED’s
- 3. Use of drugs
- 4. Gateway drugs
- 5. Why athletes use or do not use drugs

B. Coaches' Role in Prevention-Wall of Drug Prevention

- 1. Take an antidrug stance
- 2. Be a role model
- 3. Establish and enforce rules
- 4. Educate the athletes

C. When Athletes Have a Drug Problem

- 1. Recognizing the signs
- 2. Choosing to respond or not respond
- 3. Sharing your concern
- 4. Getting help
- 5. Once athletes have been referred for help